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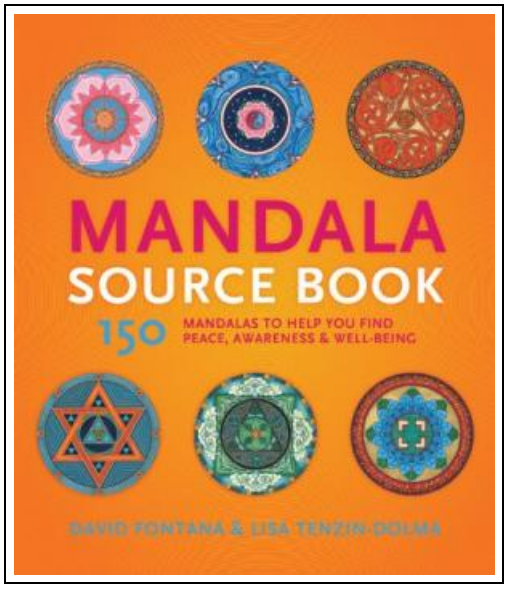

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Fair Winds Press. Paperback. Book Condition: new. BRAND NEW, The Mandala Sourcebook: 150 Mandalas to Help You Find Peace, Awareness, and Wellbeing, David Fontana, Lisa Tezin-Dolma, Mandalas are symbolic pictures used in meditation. They express through symbolism something innate in ourselves, and can lead us to new levels of peace and awareness. Within the pages of Mandala Sourcebook you will find 150 examples to use as motifs such as: the lotus, fire, animals, heavenly bodies, the tai chi symbol, birds, clouds, the Buddha, angels, rainbows, and gardens. Each is often used with abstract interlocking forms including triangles and spirals. This wonderful book is sure to guide you on a journey of inner transformation through step-by-step meditations and inspiring quotations. Each image is a refuge where you can recharge and reconnect with your essential self. Visualize yourself with the healing power of the sun or the courage of the lion or gazing on an orchard of apples to explore your hidden talents.

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